

Healthy



If you choose Healthy U you will automatically be enrolled in the U Baby Care Program.

What is the Healthy U Baby Care Program?

It's a program to help you have a happy and healthy pregnancy, it includes:

An Educational Program:

All Healthy U members will receive educational information that includes:

- How to help you take care of your baby.
- Information on your baby's growth and development.
- Care for you and your baby after delivery.
- Post Partum depression information.
- Family Planning information.
- Information about the CHEC Program.

A Case Management Program:

Healthy U members have access to an RN Case Manager. A Case Manager is a nurse who can answer your health questions and help you with your prenatal care.

An RN Case Manager can help you in these ways:

- Assist you in finding health care providers.
- Assist you in accessing community resources.
- Answer questions and concerns you may have about your pregnancy.
- Provide education about specific conditions (like Diabetes).
- Help you to have the best quality care during and after your pregnancy.
- Help you find a doctor for your new baby.

A Referral Program:

The U Baby Care Program has resources for pregnant women such as:

- Smoking cessation classes.
- Childbirth classes.
- Educational classes.
- Community resources.
- Referral information you may need.

If you have questions about Healthy U or the U Baby Care Program contact us at:
801-587-6301 or 1-888-271-5870 you can also visit us at our website www.uhealthplan.utah.edu